

Self Awareness & Self Care

Professionalism Course



DEPT. OF MEDICAL EDUCATION
COLLEGE OF MEDICINE
PNU

Objectives



Upon completion of this lecture, students should be able to:

- Describe the meanings of self awareness and self care.
- Describe why self awareness and self care are important in medical professionalism .
- Discuss the key components of self awareness.
- Describe how self awareness can be developed.
- Describe options for self care.
- Apply knowledge learned to a case scenario.

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What is Self Awareness ?



- Self awareness refers to those activities individuals undertake in promoting their own health, preventing their own disease, and restoring their own health.

These activities are undertaken without professional assistance.

What is Self Awareness ?



- Self awareness means that we focus our attention on ourselves, we evaluate and compare our current behavior to our internal standards and values.

Why Self Awareness is important?



- To have a better understanding of empowerment to make changes.
- To build on our areas of strength.
- To identify where we would like to make improvements.
- To explore our individual personalities, value systems, natural inclinations and tendencies.
- People will be negatively affected if they don't live up to their personal standards.

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How to develop Self Awareness ?



- Identify your strengths
- Accept your weaknesses etc.
- Recognize your motives
- Discover your passion

Exercise: SWOT Analysis



SWOT Matrix

	HELPFUL (for your objective)	HARMFUL (for your objective)
INTERNAL (within organisation)	Strengths • • • • • • S	Weaknesses • • • • • • W
EXTERNAL (outside organisation)	Opportunities • • • • • • O	Threats • • • • • • T

Identify your Strengths



- Know what you are good at and develop a realistic view of those skills.
- Which ones should you utilize ?
- Which ones do you need to continue to hone in and improve ?
- Focus on developing those strengths
- Get your bearings straight and build your leadership around your natural abilities will lead to success.

Accept your Weaknesses



- You may be more hesitant to expose areas of vulnerability
- Recognizing weaknesses will help you determine how to compensate for them .
- Learn skills that you could learn.
- Do not spend too much time focusing on your weaknesses

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Neighbour (1987)

Checkpoints



1. Connecting: have we got rapport?
2. Summarising: could I demonstrate to the patient that I've sufficiently understood why he's come?
3. Handing over: has the patient accepted the management plan we have agreed?
4. Safety-netting: What if...?
5. Housekeeping

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Self care includes caring for the:



- Health
- Family
- Career
- Relationships with others
- Environment.

Self Care and Professionalism



- Physicians often face competing demands from patients, or the health care professionals, the health care system ,and from the expectations hold for him .
- **Stress, fatigue, exhaustion and frustration have an impact on him personally and the care he provide to his patients.**

Why health self-care is important ?



- To know if your health concern requires professional attention.
- How to seek medical attention if it's needed.
- How you can treat yourself, if medical attention isn't needed.



- If physician knows that he /she has serious condition that can be passed on to patients, or his/her judgment or performance could be significantly affected by a condition or illness, or its treatment, **he/she should seek professional advice about ongoing clinical practice.**

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Case



- *Fatima* is an excellent third year medical student. The primary care consultant has asked the student to conduct a research on the urinary tract infection among children seen at the clinic. *Fatima* went to the library and searched the internet. She found many researches done in this field. *Fatima* choose one done in Africa and copied it and submit it to the doctor on time. Her friend *Amina* asked her why she behaved like this ? Her answer was that she cannot conduct good research because she has low abilities and she is busy caring for her ill mother.
- *What do you think is wrong with Fatima behavior?*
- *What is the impact on her future career?*
- *How can she cope with her mother illness and her study?*